



Macomb County MSU Extension

Quarterly Packet

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Marilyn E. Rudzinski, Director

**MICHIGAN STATE
UNIVERSITY
EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS**

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MSU Extension Focus Areas:

Strengthening Families Advancing Economic Development Enriching Communities
Preserving a Healthy Environment Helping Youth Succeed

March 2006

Soybean Pest Research Saves Crops, Benefits Local Farmers

Soybean crops are under attack in Macomb County. The soybean cyst nematode (SCN), the most threatening soybean pest, has been known to reduce soybean yields up to 30 percent in the Midwest.

In August 2005, a field day was conducted for over 50 farmers to provide education on proper management tools for fields with SCN. Phil Kaatz, MSUE Field Crops Educator, conducted the research demonstration on the John Rhein Farm in Lenox Township, highlighting SCN management techniques. The Michigan Soybean Promotion Committee provided funding for the research and field tour.

The soybean plots at the Rhein Farm showed dramatic differences between management practices:

- Using a corn and soybean rotation, farmers can increase yields by nine percent over continuous soybeans.
- Using SCN resistant soybean varieties, farmers can increase yields by 17 percent over susceptible soybean varieties.

Macomb County has over 22,000 acres of soybean planted annually with an economic value over \$5.5 million. Improved yields could net \$850,000 for Macomb farmers

The value of soybeans grown in Macomb County continues to multiply—up to seven times (\$39 million) when consideration is given to value-added products, processing of products and trucking and distribution.

SCN was first identified in Macomb County in 2000. SCN has been

documented to increase the development and spread of other soybean diseases such as sudden death syndrome and other soil-borne pathogens, reducing yields further. Testing for SCN is recommended and is now becoming a common practice. Since 2002, testing has increased eight-fold.



Electron photo of SCN and egg. Courtesy of USDA Agricultural Research Service.

Contact: Phil Kaatz

Peer mentoring provides friendship and hope to Macomb youth

Teens are connecting with younger students in Macomb County, thanks to collaboration between MSUE and the Fitzgerald school system. Last summer, MSUE helped launch a peer-mentoring program called Fitzgerald Reaching Individual Elementary Needs During Summer (FRIENDS), pairing high school students in the (WIA) program with students from Mound Park Elementary.

The students participated in various career-education experiences, including computer web design, landscaping, culinary arts, video production and automotive repair, provided by Fitz Vocational Education Program. This program was implemented in response to the need identified by Fitzgerald schools to provide positive educational and recreational opportunities to both elementary and high school students at risk.

At the end of the eight week period, a "Then and Now" survey was distributed to the elementary students. Fifty percent of the students responded to the survey.

- 100 percent youth reported an increased positive view of their future.
- 100 percent of youth reported an increase in feeling like an adult cared about them.
- 100 percent of youth reported an increase in feeling that there are people who will provide help if needed.
- 100 percent youth reported no difference in their attitude toward school.

According to the youth, the best thing about having a mentor is

- "Having someone to look up to and learning a lot,"
- "Finding help when I need it and getting a view of what you want to be when you grow up" and
- "Meeting high school students and making new friends!"

There are plans to repeat the program this summer at Fitzgerald. In addition, MSUE is collaborating with L'Anse Creuse schools to initiate a peer-mentoring program.

Contact: Jan Gwozdz

Building family relationships, strengthening ties

"Thank you for spending time with us! You have helped us reunite our family."

Building Strong Families (BSF) educators hear such comments frequently, as they are welcomed into hundreds of homes throughout Macomb County every year. Between October 2004 and September 2005, 113 families graduated the BSF program, which provides in-home education (eight to twelve sessions) focusing on teaching parenting skills, child development, positive discipline, health and safety, playing to learn and setting and reaching goals.



Research across the state has shown that parents participating in the program demonstrated an increase in behaviors related to promoting language development, positive discipline and use of nurturing behaviors. It also decreases referrals to Prevention and Protective Services.

Statewide Extension staff collected research from BSF participants from the past three years. They have found that BSF graduates are 100 percent more likely to:

- Help their children feel safe and secure,
- Talk to and praise their child,
- Discipline without spanking,
- Give their children time to calm down during tantrums and
- Set limits for their children.

From 2002 to 2005, Building Strong Families:

- Served 332 families (1,026 children and parents).
- Provided 3,189 hours of education.

The program currently works with families whose children range in age from birth through age three, but will soon be expanding to age five.

Contact: Su Porter

Homeowner Guide to Emerald Ash Borer Treatments

Dave Cappaert, MSU



Emerald ash borer adult

Several insecticide products are available to homeowners for control of emerald ash borer (EAB). Treatments are needed every year to protect trees from EAB. Treatments are recommended only for homeowners in the quarantined area; it is not necessary to treat ash trees outside of this area. Treatments may be more effective if overall tree health is maintained. Therefore, it is important to fertilize trees in the fall or spring and water regularly.

Treatment Considerations

Because of the expense of yearly treatments, it is important to weigh the decision to treat carefully. Consider the value of the tree in relation to treatment costs. Also consider the health of the tree. Research suggests that insecticide treatments may be able to save infested trees exhibiting low to moderate dieback (20 to 40 percent), but the outcome is less certain than with healthy trees showing little or no sign of infestation.



Healthy ash tree: no dieback.

Treatment Options

Insecticide products available for home use are Bayer Advanced Garden™ Tree and Shrub Insect Control, Bonide® Systemic Insecticide Bullets and ACECAP® 97 Systemic Insecticide Tree Implants. Caution: read all label instructions before using any pesticide, avoid skin contact, and store pesticides where children cannot reach them.



Ash tree exhibiting 40 percent dieback.

Active ingredient	Product	Timing	Type of application and instructions
Imidacloprid	Bayer Advanced Garden™ Tree and Shrub Insect Control	May to early June	Soil drench Mix with water and drench around base of tree
Acephate	ACECAP® 97 Systemic Insecticide Tree Implants Bonide® Systemic Insecticide Bullets	May	Trunk implant Follow directions for drilling holes and correct placement of implants or bullets



Emerald Ash Borer

MICHIGAN STATE
UNIVERSITY
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Homeowner Guide to Emerald Ash Borer Treatments

Eric Rebek, MSU



Application of soil drench around tree base.



Proper insertion of implant just below cambium surface.

Courtesy of Creative Sales, Inc.

Product Descriptions

Bayer Advanced Garden™ Tree and Shrub Insect Control is a systemic insecticide applied as a soil drench around the base of a tree. There are several Bayer Advanced Garden™ products — be sure to purchase the one with "Tree and Shrub" in large print on the label and imidacloprid as the active ingredient. Label instructions say to use 1 ounce of the insecticide for every inch of distance around the tree trunk (circumference). Applications should be made in May or early June. This product is available at most local hardware and garden stores. More information about the product is available at www.bayeradvanced.com.

Bonide® Systemic Insecticide Bullets and ACECAP® 97 Systemic Insecticide Tree Implants are similar products, both containing acephate as the active ingredient. The insecticide is delivered through small cartridges implanted at 4-inch intervals around the trunk base. Follow label directions for drilling holes and inserting implants or bullets. Both products should be applied in late May, during the period of maximum upward flow of tree sap. ACECAP® 97 is available through authorized dealers (<http://www.treecareproducts.com>); Bonide® Bullets are available through hardware and garden stores. For more information on this product, see the company web site at: <http://www.bonideproducts.com>

Treatment Recommendations

- Small trees — trunk diameter of 3 inches or less — should be treated using **only** Bayer Advanced Garden™ Tree and Shrub Insect Control.
- Trees with a trunk diameter between 3 and 6 inches should be treated with **either** Bayer Advanced Garden™ Tree and Shrub Insect Control **or** the ACECAP® 97 implants or Bonide® Bullets.
- Larger trees — trunk diameter greater than 6 inches — should be treated with **both** ACECAP® 97 implants or Bonide® Bullets **and** Bayer Advanced Garden™ Tree and Shrub Insect Control for the first 1 to 2 years. In subsequent years, use implants no more often than every other year to avoid possible trunk trauma from the implant holes.
- Note: Homeowners may also contact tree care professionals to treat their trees. Professionals have access to **some products that are not available to homeowners**. Michigan State University does not **endorse the** insecticide products discussed in the bulletin over other options. **These products are discussed because they have been evaluated in MSU research tests on emerald ash borer.**

Authors: Kimberly A. Rebek and David R. Smitley
Michigan State University

For more information visit: www.emeraldashborer.info

DON'T GUESS...SOIL TEST A SOIL TESTING SERVICE

From April 1 to April 23, 2006, local garden centers and hardware stores are offering MSU soil nutrient testing at a special rate.

For \$14 (includes postage) homeowners can obtain a soil nutrient test which includes basic nutrients, organic matter and fertilization program. No mailing is required.

For soil sampling instructions, see reverse side. For participating retailers call:

Macomb County: 586-469-6430

Oakland County: 248-858-0880

Southeast Oakland County:

SOCRRA at 248-288-5150

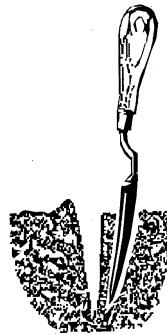
Web site: <http://www.landscape.org>



Sponsored by MSU Extension

SOIL SAMPLING PROCEDURES

1. A separate test is needed for lawns, vegetables gardens, flower gardens, and trees/shrubs.
2. Soil samples should be taken as a soil slice to normal root depth: about 3 in. for lawns and 7 in. for gardens and shrubs. Include all the soil but not roots, thatch, and plant material.
3. For each test, place 10 random soil samples in a clean pail. Mix. About 2 cups of soil is required for each soil test.
4. Place the test sample (2 cups) in the soil test box.
5. Take the soil sample(s) to a participating retailer.



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Macomb County Plant Exchange

First Saturday in June from 9 a.m. to Noon

Sponsored by MSU Extension and Macomb County Master Gardeners

VerKuilen Building Parking Lot, Entrance E
21885 Dunham Road

**All plants must
be healthy**

What to bring:
Perennials, herbs, seeds, bulbs, house
plants, soil samples to be tested @
MSU (for fee), gardening books,
magazines and catalogs to share!

**For more information, call:
586.469.6440**



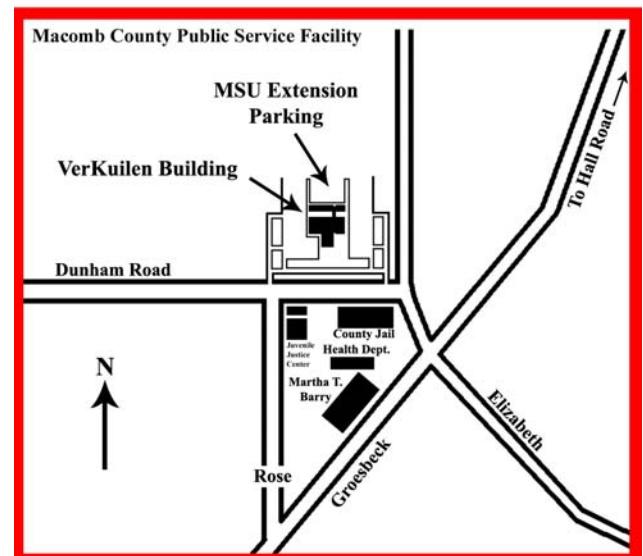
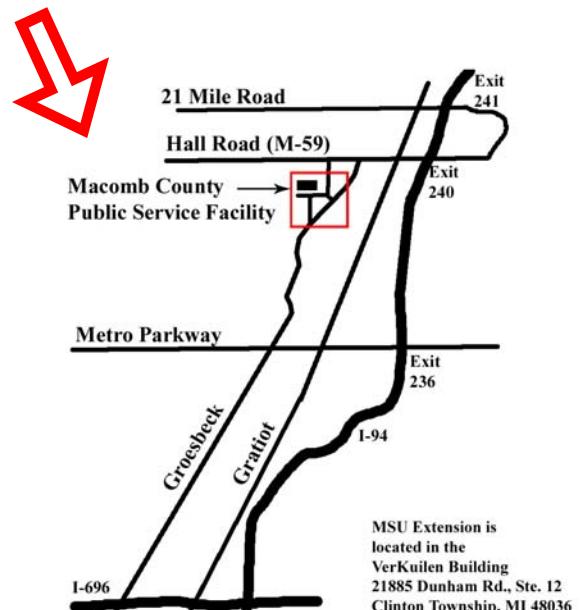
Rain or shine!



Plants are available for
purchase to raise funds for the
MSUE Master Gardener
Demonstration Garden.



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The Michigan Groundwater Inventory and Mapping Project

What is the Michigan Groundwater Inventory and Mapping Project?

The Michigan Groundwater Inventory and Mapping Project is a project to aid in understanding and evaluating the groundwater resources in Michigan and fulfills the mandates of Michigan Public Act 148 of 2003. The act required the Department of Environmental Quality (DEQ) to create a “groundwater inventory and map” that includes eight specific map components, a general requirement for a groundwater inventory and a directive to make the map and inventory available to the public. DEQ established a collaborative research team involving groundwater and mapping experts from the U. S. Geological Survey (USGS) and Michigan State University (MSU). The project team designed an interactive web site to make the mandated products available to the public.

The interactive website's home page (gwmap.rsgis.msu.edu) links to the following components for the Groundwater Mapping Project.

- **Interactive Map Viewer**—access the spatial map layers as well as query databases. The mandated map components are:
 - Location and water yielding capabilities of aquifers in the state—glacial yield, glacial transmissivity, glacial drawdown, bedrock yield, bedrock transmissivity and bedrock drawdown.
 - Aquifer recharge rates in the state.
 - Base flow of rivers and streams in the state.
 - Water levels of groundwater in the state.
 - Surface waters, including designated trout lakes and streams, and groundwater dependent natural resources that are identified on the natural features inventory.
 - Location and pumping capacity of specific facilities.
 - Aggregate agricultural water use and consumptive use, by township.
 - Conflict areas in the state.
 - Supplemental maps: Glacial Landsystems, Wells Summary database, Wells-Complete database, Wells-Hydrologic Properties database.

Additional map layers, including political boundaries, roads, aerial photos, topography, satellite imagery, land use, environmental sites and many more are available.

- **Groundwater Information Database**—access more than 220 articles digitally scanned and a bibliography with more than 480 groundwater relevant citations.
- **Project reports**—the Executive Summary contains a synopsis of the statewide conditions for each of the map components and inventory.
- **Web resources**—links to primers on groundwater and water resources.
- **Documents**—online documents concerning water resources.
- **Online tutorials**—for the Interactive Map Viewer and Groundwater Information Database.

The screenshot shows the homepage of the Michigan Groundwater Mapping Project. At the top, there are logos for DEQ, USGS, and Michigan State University. Below the logos, a banner states: "The Michigan Groundwater Mapping Project was mandated by Public Act 148 of 2003, which requires that a groundwater inventory and map be generated for the state. Funding was provided by the State of Michigan through cooperative agreement with the U.S. Geological Survey (USGS) and the MSU Institute of Water Research." The main content area is divided into several sections: "Interactive Map Viewer" (with links to "Start the Viewer", "Viewer Tutorial", and "Browser Help"); "Groundwater Information Database" (with links to "Search the Database", "Database Tutorial", "Copyright Information", and a note about the last update); "Project Reports" (listing "Executive Summary (B-19-05)", "Print Quality: 17.1 MB", "Draft Quality: 2.8 MB", and a "Get Article Reader" link); "Web Resources" (listing "Groundwater Tutorial", "Groundwater Glossary", "Groundwater Stewardship Manual", "Aquifer Basics", "Dictionary of Hydrologic Terms", "Groundwater Atlas of the United States", and "The Water Cycle"); "Recent Changes" (listing "B-19-05" and "The Importance of Ground Water in the Great Lakes Region" and "Ground-Water-Level Monitoring and the Importance of Long-Term Water-Level Data"); and "Documents" (listing "PowerPoint Presentation: Intro and Overview of Project", "Basic Ground-Water Hydrology", "Ground Water and Surface Water A Single Resource", "Sustainability of Ground-Water Resources", "Flow and Storage in Groundwater Systems", "Groundwater and the Rural Homeowner", and "The Importance of Ground Water in the Great Lakes Region").

Who can use this site and why?

Anyone with internet access can make use of this interactive website. The Michigan Groundwater Mapping Project website is targeted for a wide audience, for example, planners, watershed groups, policy makers, scientists, educators and citizens. This site can be used to investigate and evaluate areas of interest regarding the groundwater resources of Michigan.

What kind of questions can be answered by the Michigan Groundwater Inventory and Mapping Project website?

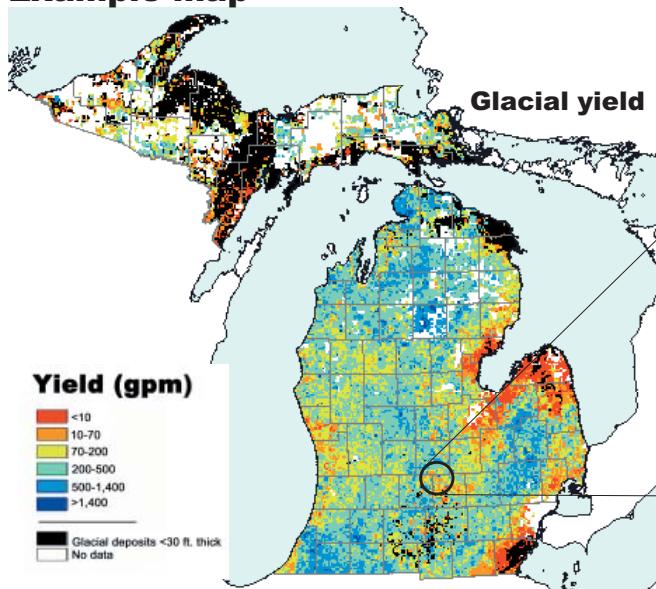
- How abundant is groundwater in the glacial and bedrock deposits?
 - What is the probability that a high capacity well will adversely impact a small capacity well in the glacial deposits?
 - Where and what type of water wells exist in my vicinity?
 - Where are the groundwater dependent features, for example, trout streams and lakes, and Michigan Natural Features Inventory identified wetlands, located?
 - What type of water use is in my area and how much groundwater is being withdrawn?
 - What are the hydrogeologic characteristics of my county or watershed?
 - Are there any publications with water quality data for groundwater in my area?

How can I obtain components of the inventory and map products?

The inventory and map products are available to end-users in three ways:

- Web-based mapping site hosted by MSU (gwmap.rsgis.msu.edu). The digital data and publications are available for download from this site.
 - The digital data are available for download through the State of Michigan, Center for Geographic Information (www.michigan.gov/cgi) for use in a GIS mapping software.
 - Digital data provided on compact disc for use with the Map Image Viewer software, an easy-to-use GIS software package for viewing and analyzing spatial data. MSU provides this mechanism. There is a charge for this service for users other than local health departments and the DEQ.

Example map



Well data

WELLS SUMMARY									
WELLID	IMPORT_ID	COUNTY	TOWNSHIP	TOWN_RANGE	SECTION	OWNER_NAME	WELL_ADDR	WELL_DEPTH	WELL_TYP
33000008574	Lth_00000008574	Ingham	Leicester	04N 02W	24	MSU POULTRY RESEARCH	3606 E MT HOPE RD	352	TU

Zoom view



This example glacial yield map highlights some of the interactive map viewer features. The zoom feature allows viewing of smaller geographic areas. At this scale, water well point data can be displayed and queried.



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Growing Healthy Together

Nutrition education and
gardening program with
MSUE Nutrition Program and
4-H Club from Miller
Elementary School

MICHIGAN STATE
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MACOMB COUNTY
BOARD OF COMMISSIONERS



When: Beginning April 27, 3:30 p.m.

Where: Lawrence Park Apartments
7000 East 10 Mile in Center Line

Let's get healthier together with nutrition education and "home-grown" vegetables!



**For more information,
call Donna or Eileen at
586-469-6432.**

Healthy Bites



Information To Improve the Selection and Use Of Foods In Your Home

Steps for Making Meal Time, Family Time

Volume XIX

Family meals are making a come back, in part because of increasing rates of obesity among children. Also, shared family meals are more likely to be nutritious. Kids who eat regularly with their families are less likely to snack on unhealthy foods and more likely to eat fruits, vegetables and whole grains.



Beyond health and nutrition, there is the added benefit of together-time, a time to talk and reconnect. This becomes even more important as kids get older. Studies have shown that teens who take part in regular family meals are less likely to smoke, drink alcohol or use marijuana and other drugs.

Most parents don't need to be convinced that family meals are a good idea — they just need the extra time it takes to plan, prepare and share them. Even if you find the time, how can you achieve the ideal family meal where everyone catches up and nobody argues?

Follow these three steps to schedule family meals and make them enjoyable for everyone who pulls up a chair.

1. Plan It. To plan more family meals, first assess how many you're currently having and set a reasonable goal. Look over the family calendar to choose the best dates for family meals so everyone can be there.



2. Prepare It. Once you have all your supplies on hand, you're ready to prepare the meal. Involving the kids can mean a little extra work, but it's often worth it. Try involving kids in the final steps, such as putting plates on the table, tossing the salad, pouring a beverage, folding the napkins. Set a good example by saying please and thank you for their help. Being upbeat and pleasant as you prepare the meal can rub off on your kids.

3. Enjoy It. Count yourself in, even if you have lots more to do before the night is over. Try not to focus on that during dinner. Sit down at the table with the kids. It's good for them and it's good for you.

Everyone may be starving, but teach your kids to wait till everyone is seated before digging in. Create a moment of calm before the meal begins. You're setting a mood and teaching a little lesson in manners and patience. Mealtimes should be a time to feel nurtured. Keep the interactions positive and let the conversation flow.

Source: kidshealth.org

WORD WISE



Obesity (say: oh-BEE-si-tee) - Obesity is defined as an excessive accumulation of body fat. Obesity is present when total body weight is more than 25 percent fat in boys and more than 32 percent fat in girls. The key to keeping children at a healthy weight is taking a whole family approach. It's the "practice what you preach" mentality. Make eating and exercise a family affair.

Source: kidshealth.org

Steps to Nutrition and Health

Take steps towards better nutrition and health. It is never too late to make a change for the better. Make smart choices at every meal and do something each day to be more active. Here are the food groups that provide you the right nutrients each day.

Grains: Did you know that at least half (or about three) of the servings of grains you eat each day should be whole grains? Whole grains include all parts of the grain kernel (germ, bran and endosperm), not just the white flour that is in most foods today. Oatmeal, brown rice, barley and 100 percent whole wheat products are a few examples of whole grains.

Vegetables: Most people do not eat enough vegetables daily, especially dark green or orange veggies. If you can eat one large salad at lunch plus a few vegetables at dinner and for snacks, you are stepping in the right direction.

Fruits: Think fresh whole fruit and get a variety each day. Start with fruit for breakfast and end with fruit for dessert. Take fruit with you for snacking, too!

Milk/Dairy: Most people need to drink about three glasses of skim milk each day or get the equivalent with yogurt. Dairy foods that are low in sodium and fat yet high in calcium are the right choice.

Meat/Beans: If you are like most Americans, you probably get more than enough protein; you just don't get enough variety or keep it low in saturated fat. Start integrating beans/legumes, fish and nuts in your diet—especially if they take the place of meat.



Step More, Sit Less: Being more active and less sedentary helps you control weight and lower your risk for many chronic diseases. Did you know that cleaning the house instead of watching TV burns twice the calories? In addition to being more active, try to get about 30 to 60 minutes of exercise, like brisk walking, each day.

FYI: Visit www.mypyramid.gov to obtain more information about MyPyramid and to find out what is right for you based on your sex, age and activity level. *Step Up to Nutrition and Health* is the March 2006 slogan for National Nutrition Month from the American Dietetic Association.

Source: American Dietetic Association

SPANISH MACARONI

Ingredients

1/2 pound ground beef
1 (8 oz.) can tomato sauce
1/2 green pepper, chopped
1 (15 oz.) can tomatoes
1/2 cup onion, chopped
1 tbsp chili powder
1 1/2 cups macaroni (uncooked)
1 1/2 cups water



Directions

Brown ground beef in large frying pan until cooked. After meat is cooked, drain off fat. Add green pepper and onion. Cook until vegetables are tender. Stir in remaining ingredients except macaroni and bring mixture to a boil. Stir macaroni into meat mixture and reduce heat to low. Cover and cook until macaroni is tender, 10 to 15 minutes. 224 calories 4 grams fat.

Source: Eating Right is Basic MSUE

NUTRITION TRIVIA

The more you know about how food benefits the body, the better able you are to plan and prepare meals that promote the health of the children in your care.

Did you know...

➲ Oats contain more protein, which is vital for a strong and healthy body, than any other grain. To incorporate more oats in your cooking, replace the flour in crumb-type fruit crisp and coffee cake topping with oats, and use oats as a meat extender.

➲ You should *not* rinse rice before cooking it. This could wash away some of the iron and B vitamins that the rice is enriched with.

➲ Breakfast provides approximately 22 percent of the total calories a child consumes in a day. It can also supply vitamins A, C, B1 and B2, calcium, fiber and iron.



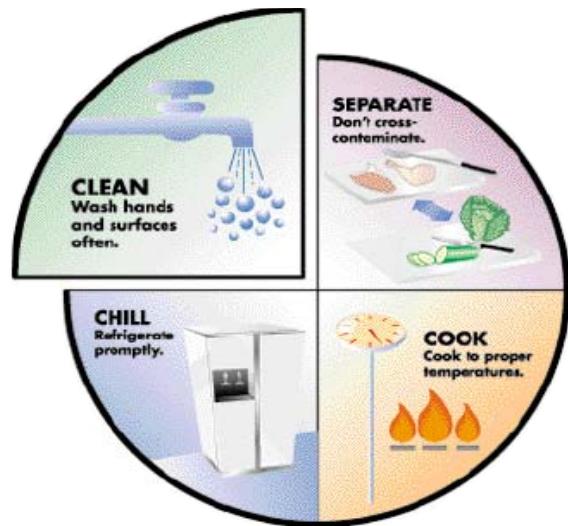
Source: Association for Child Development

CLEAN



Wash hand and surfaces often

You can't see, taste or smell them... They're sneaky little critters and they can spread throughout the kitchen and get onto cutting boards, utensils, sponges, countertops and food. They are foodborne bacteria—and if eaten, they can cause foodborne illness. So on your mark, get set, go...clean!



Use these tips to keep your hands, surfaces and utensils squeaky clean!

1. **Splish, Splash:** Wash hands and utensils in hot, soapy water before and after food preparation and especially after preparing raw meat, poultry, eggs or seafood. Also, remember to wash your hands after using the bathroom, changing diapers or handling pets.
2. **All Aboard:** Cutting boards (including plastic, non-porous, acrylic and wooden boards) should be run through the dishwasher or washed in hot soapy water after each use. Discard boards that are excessively worn.
3. **Towel Toss:** Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine.

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!
Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.



Copy cats permitted!



BAC-Attack Quiz



How long should you wash your hands to send bacteria down the drain?

- a. 5 seconds
- b. 10 seconds
- c. 15 seconds
- d. 20 seconds

Answer: d - 20 seconds



Using a disinfectant cleaner or a mixture of bleach and water on surfaces can provide some added protection against bacteria.

Source: Michigan Food Safety Task Force

MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432

Parenting Views

"Encouraging Our Children and Ourselves"

Parents need to be kinder to themselves and not so self-critical. They need to credit themselves for their commitment and courage in doing a difficult job and for the times they "get it right". They need to have the courage to be imperfect and to take one day (one moment?) at a time. They need to take time for themselves (*hah!*), compare notes with other parents (*look, we are all in the same boat*), and ask for support. They also need to teach and expect their children to be helpers so that everyone does their equal share.



Children need nurturing, kindness and love, of course. Less obvious, they need their parent(s) to enjoy them, to enjoy getting to know them and to express their enjoyment to them. They need recognition for their efforts and achievements. They also need "thanks" for their helpfulness. Sometimes they need help; sometimes they need to do it themselves. Children do not need all that they demand. Spoiling and pampering does harm. It's your job to discriminate what children need from what they demand. Children do not need to be in charge. They need for you to be in charge (firm, strong, strict...call it what you will). They also need for you to keep your head while they are losing theirs. Finally, they need you to have faith in them and in their ability to cope with difficulties...with a little help from you.

Harry Ireton, Ph.D., is a developmental psychologist, parent educator and founder of *Child Development Review*: research-based tools for appreciating development and school readiness, www.childdevelopmentreview.com. Family Information Services, May 2005.



January ~ April 2006

QUOTE

"The battles that count aren't the ones for gold medals. The struggles within yourself... that's where its at."

Jesse Owens

(1939 African American Gold Medalist, Olympics in Germany)

How to Raise Kind, Empathetic Children

- ◊ Be a parent who can read and understand your children's emotional cues and empathize with their feelings. For example, a child who is irritable and grumpy during the days before a move is probably also feeling scared, worried and anxious. In addition, this child is undoubtedly experiencing loss, grief and sadness.
- ◊ Practice understanding others feelings using characters from television and movies. When we feel differently recognizing other people's feelings takes practice.
- ◊ Ask children to imagine how they would feel if they were in the other person's place. "*How would you feel if you were the little brother and your older brother laughed at you and encouraged all his friends to do the same?*"
- ◊ Encourage children to think about what they could have done differently to prevent hurting the other person or what they can do to mend what already happened. If they can't, provide suggestions.
- ◊ By reminding them of similar experiences in their lives, you can help children understand others. "*Do you remember when you would visit your cousins Jim and Marvin and they would play together and not let you play? Do you remember how left out you felt? Well, that's how Maria feels.*"
- ◊ Help children stay centered. "*I know how powerless you feel when you're angry. When you feel some of that intense anger and are tempted to say mean things, I want you to visualize yourself as a rooted tree. You can remain rooted and not let the ocean of anger overtake you.*"
- ◊ Support children's naturally compassionate nature. "*I'm proud of you when you help your little sister without being asked.*"
- ◊ Teach children what to say to themselves to prevent themselves from saying or doing mean things. "*I'm angry right now. I'm going to walk away, button my lips, or say what I think/feel when they do that and tell them what I need.*"
- ◊ Set up caring projects for your whole family to participate in; for example: sponsoring a child overseas, shoveling your elderly neighbor's walk, bringing a meal for a friend who is ill or grieving.





You Earned It! You Keep It, Michigan!

Give Your Paycheck a Boost!

The Earned Income Tax Credit (EITC) is a federal tax refund for eligible working individuals working individuals and households. You must have earned income to apply for the EITC. Households that qualify for the EITC could receive a tax credit refund of up to \$4,400.

Who qualifies for the EITC?

- ◆ Workers who earned \$31,030 or less in 2005 with one qualifying child (\$33,030 for married and filing jointly) to receive a credit up to \$2,662.
- ◆ Workers who earned \$35,263 or less in 2005 with more than one qualifying child (\$37,263 for married and filing jointly) to receive a credit up to \$4,400.
- ◆ Workers who earned \$11,750 or less in 2005 with no qualifying child (\$13,750 for married and filing jointly) to receive a credit up to \$399 (must be between the ages of 24-65)
- ◆ Investment Income Limit = \$2,700

Low-income residents can get free tax help beginning January 28. Any person who makes less than \$20,000 a year or any family whose household income is less than \$38,000. Residents must bring a driver's license or state identification card and their social security number. Residents should also bring bills or receipts for medical insurance, heating costs last year, student loan interest, tuition and dependent care expenses. Other records may be needed.

- * Clinton Township Consumers Energy · 35350 Kelly Road · Saturdays, January 28 - April 1 · 10 am - 2 pm.
- * Leaps and Bounds Family Services · 8129 Packard, Warren · January 29 - April 9 · Noon - 3 pm · Appointment only. Call 586.759.3895.
- * Roseville Senior Center · 18961 Common · Saturdays, January 28 - April 8 · 10 am - 2 pm · Appointment only. Call 586.447.4606.
- * Samaritan House · 58944 Van Dyke, Washington Township · Thursdays, February 2 - March 30 from 2 pm - 6 pm · Saturdays, February 4 - April 1, from 10 am - 2 pm · Appointment only. Call 586.677.7590.
- * Trinity Lutheran Church · 45160 Van Dyke, Utica · Saturdays, February 4 - April 15 · 9 am - noon.

For more information, call 313.647.9620

AARP offers tax help

(Services are available to everyone, not just seniors.)

Free tax counseling and preparation for taxpayers with middle and low incomes with special attention being paid to those 60 and older. Individuals participating are asked to bring their 2004 income tax return and 2005 tax documents from employers, banks, social security, pensions, property taxes and home heating costs. Appointments required where indicated.

- ◆ **Center Line Parks and Recreation Department**, 25355 Lawrence, 10 am - noon, Tuesdays, February 1st - April 15th.
- ◆ **Village of East Harbor**, 33875 Kelly Drive, Chesterfield Twp., 9 am - 2 pm, Wednesdays, February 1 - April 15.
- ◆ **Eastpointe Senior Center**, 16600 Stephens Drive, Eastpointe, 9 am - 1 pm, Tuesdays, February 1 - April 15. Appointment required. Call 586.445.5080
- ◆ **Mt. Clemens Public Library**, 150 Cass, 9 am - 2 pm, Tuesdays and Thursdays, February 1—April 15.
- ◆ **Romeo Senior Center**, 361 Morton Street, Romeo, 9 am - 1 pm, Wednesdays, February 1 - April 15. Appointment required. Call 586.752.9601.
- ◆ **St. Lucy Catholic Church**, 23401 Jefferson Ave., St. Clair Shores, 9 am - 1 pm, Wednesdays, February 1 - April 15.
- ◆ **St. Rene Church**, 35955 Ryan Road, Sterling Heights, 9:30 - noon, Mondays, February 1 - April 15.
- ◆ **Christ Lutheran Church**, 32300 Schoenherr Road, Warren, 9:30 - noon, Fridays, February 1 - April 15.
- ◆ **Washington Senior Center**, 57880 Van Dyke, Washington Twp., 9 am - 1 pm, Thursdays. Appointment required. Call 586.752.9601.

Check our website:

www.macombcountymi.gov/msuextension

- ◎ Calendar of upcoming programs
- ◎ Program descriptions
- ◎ Volunteer opportunities
- ◎ The past years Parenting Views

Want to be on our mailing list? Please call!! Note: Parenting Views may be reproduced and distributed. If copied please copy intact with logos & resources. Please let us know the number distributed for our tally.

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How do Michigan Workers claim the EITC? This credit is available by completing Schedule EIC in the Federal 1040 or 1040A. Volunteer Income Assistance program provides IRS-trained volunteers to prepare and file tax returns for FREE. Credit unions and Michigan Works! Offices are offering a web-based, self-preparation service called I-CAN! EIC™. Written at a fifth-grade level, ICAN! EIC allows eligible tax payers to complete and e-file their **federal and state tax returns on their own and for free**.

Local Services:

- ◆ ICAN! EIC free file is available through several Michigan credit unions and Michigan Works sites. Go to www.michiganeic.org and click on ICAN! EIC for a guided process on filing your state and federal forms.
- ◆ IRS-approved volunteer services are available in your community.
- ◆ Use the website to get statewide information about the EITC at www.michiganeic.org.



MSU Extension ~ Family Programs

21885 Dunham Rd. - Suite 12

Clinton Township, MI 48036

Phone: (586) 469-5180

MSU EXTENSION FAMILY PROGRAMS

APRIL 2006 – JUNE 2006

Alternatives to Anger

4 Sessions, Thursdays
April 13, 20, 27 and May 04
6:30 p.m. ~ 8:30 p.m.
MSU Extension, VerKulen Building
21885 Dunham, Senior Auditorium
Clinton Township, MI 48036
Call (586) 469-5180 to register

Alternatives to Anger

4 sessions, Wednesdays
May 3, 10, (no mtg 5/17) 24, 31
6:00-7:45pm
Chesterfield Library
50560 Patricia Avenue
Chesterfield, MI 48047
Call (586) 469-5180 to register

Baby Signs

**** Bring Your Baby ****
Wednesday, April 5, 6:30 ~ 8:00 p.m.
Macomb County Library
16480 Hall Road
Clinton Twp., MI 48038
Call (586) 469-5180 to register

Money Management

Wednesdays, May 3, 10, 17, 24, 31
and June 7 and 14, 2006

Warren Community Center
5460 Arden
Warren, MI 48092

Call (586) 469-6430 to register

Macomb Homebuyers Affordable Housing Seminar

Tuesday, March 28, 2006
Monday, April 17, 2006
Monday, May 15, 2006
Tuesday, June 20, 2006
Various Locations

Call (586) 469-6430 to register

Baby Signs

**** Bring Your Baby ****
Wednesday, April 5, 6:30 ~ 8:00 p.m.
Macomb County Library
16480 Hall Road
Clinton Twp., MI 48038
Call (586) 469-5180 to register

Home Ownership Seminar

Wednesdays, April 5 and 12, 2006
Tuesdays, May 16 and 23, 2006
Wednesdays, June 21 and 28, 2006
Various Locations
Call (586) 469-6430 to register

Expanded Food & Nutrition Program

- ⊕ One-On-One Teaching
- ⊕ Menu Planning ⊕ Group Presentation
- ⊕ Stretch Food Dollars ⊕ Label Reading

Building Strong Families

Help When You Need It
A free in-home parenting program
for children from birth through age 3

Evening Appointments Available

Call **586.469.5180**

Parenting Views/Healthy Bites

- Free Newsletters
Check our website:
www.msue.msu.edu/macomb for:
⊕ Calendar of upcoming events
⊕ Program descriptions
⊕ Volunteer opportunities
⊕ Past issues

Youth Mentor Program

Positive role modeling to at
risk youth 11 – 15

4H

Activities for families with
children 5 – 19

Call (586) 469-6431 for more information
Volunteer Opportunities

Extension also offer programs on gardening, environment, money management, recycling, composting, tourism local government and so much more.

Visit our website: www.msue.msu.edu/macomb or call (586) 469-5180

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